

CROSSFIT SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		CrossFit 6:00 AM	CrossFit 6:00 AM	CrossFit 6:00 AM	CrossFit 6:00 AM	CrossFit 6:00 AM	
7:00 AM		CrossFit 7:00 AM	CrossFit 7:00 AM	CrossFit 7:00 AM	CrossFit 7:00 AM	CrossFit 7:00 AM	
8:00 AM							
9:00 AM	*On-ramp* 9:00 AM						CrossFit 8:30 AM
10:00 AM	Open Gym 10:00 AM						CrossFit 10:00 AM
11:00 AM							
12:00 PM		CrossFit 12:00 PM	CrossFit 12:00 PM	CrossFit 12:00 PM	CrossFit 12:00 PM	CrossFit 12:00 PM	
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM		CrossFit 5:00 PM	CrossFit 5:00 PM	CrossFit 5:00 PM	CrossFit 5:00 PM	CrossFit 5:00 PM	
6:00 PM		CrossFit 6:00 PM	CrossFit 6:00 PM	CrossFit 6:00 PM	CrossFit 6:00 PM	CrossFit 6:00 PM	
7:00 PM		Barbell/Open Gym 7:00 PM		Barbell/Open Gym 7:00 PM	Open Gym/On-ramp* 7:00 PM		
8:00 PM							
9:00 PM							
10:00 PM							

Legend

On-ramp:
8-class new member program (*sign up at front desk required*)

Barbell:
Olympic Weightlifting & accessory work (intermediate +)

Open-Gym:
Coach present, no formal class